

ABSTRACT OF THE DISCLOSURE

The object of the present invention is that the quantity of the energy of the ingested food and drink can be accurately and permanently recorded and reliable effects can be expected from the diet therapy and the healthy slimming. The ingested energy of the food and drink or the searching information for searching this ingested energy of the food and drink are patterned in a predetermined format and recorded in the information medium associated with the food and drink. Then, the person who requires the diet therapy or the like reads and decodes the above patterned information by using the health control terminal, which is brought with oneself to transmit the decoded information to the control device having the data base. The control device returns this energy information of the food and drink or the health control information associated with this energy information, so that this information is displayed on the health control terminal.